

CAMPING

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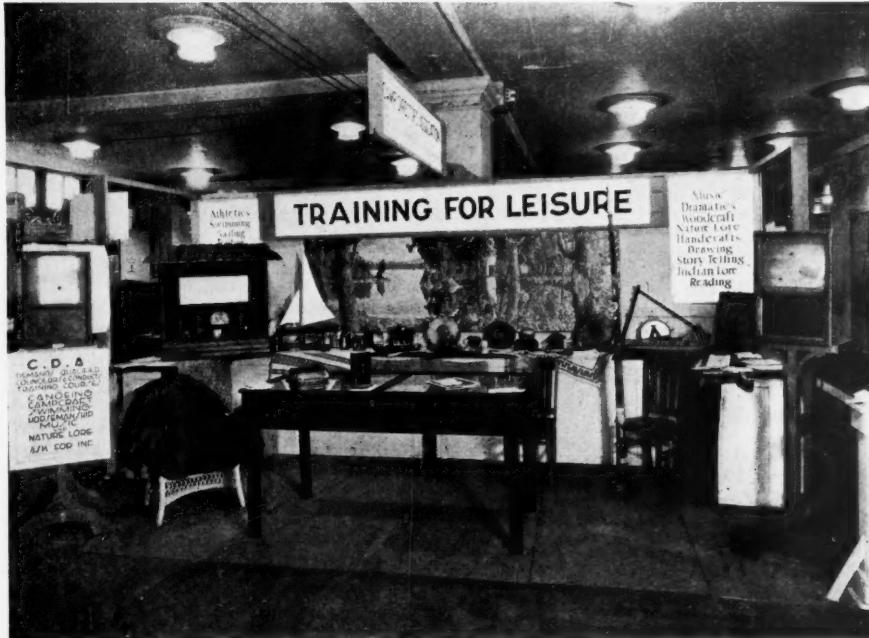
CAMP ASSOCIATION EXHIBIT IN THE PARENTS EXPOSITION IN NEW YORK CITY

BY FREDERICK L. GUGGENHEIMER

President, New York Section
Camp Directors Association

For several years the Parents Association of Greater New York Schools has been endeavoring to organize what has probably never before even been thought of in the history of education—a Parents Exposition. This interesting experiment was finally developed and held in Grand Central Palace, New York, from April 21 to April 28, inclusive. This exposition was conceived and developed with the basic idea of presenting visually every possible element—material, educational and spiritual—that must go into the making of the normal child, and that might help the thinking and understanding parent in its development.

There were many who doubted the possibility or even the desirability of such an exposition, yet when the matter was brought to the attention of the officers of the New York Section of the Camp Directors Association, it was unanimously felt, by those who definitely objected to the exposition as well as by the sceptics, that if the exposition was to be held at all, the Camp Directors Association, as an educational organization, could not absent itself from it. Plans were thereupon initiated and gradually developed for such participation. Just as the exposition itself was new and experimental, just so was the problem that confronted the Camp Directors Association new and novel.



It was faced with two difficult questions: first, the type of exhibit that would be desirable and effective, and second, the method of financing such exhibit as might be determined upon. It was realized that the New York Section alone neither could nor should assume the responsibility for

an adequate presentation of the summer camp as an educational institution. The coöperation of the national Association was sought and readily given. The conclusion was quickly reached that the emphasis of the presentation must be emphatically placed upon the special educational functions of the modern, highly organized camp, and upon camping as a great, all-embracing educational, rather than exclusively recreational, movement, which for so long the camping movement was thought to be. It was felt, too, that special care must be taken that no individual camp or camps should be featured. This latter point was felt to be most important in order to eliminate the possibility of the exhibit taking on a commercial or advertising aspect.

At first the members of the New York Section, and later the members of the other sections of the Camp Directors Association were invited to participate in the expense, as well as by supplying material for the exhibit, and while the New York Section assumed the privilege and responsibility of preparing the exhibit, and its members bore the major portion of the cost, the exhibit became, as a matter of course, the exhibit of the Camp Directors Association of America.

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THINGS

BY A. E. HAMILTON

Someday there will probably be erected on the site of our present council circle a concrete filling station or a hot dog stand of Carrara marble. When that has crumbled into ruins some probing archaeologist may dig under its foundations deep enough to find a horn-handled hunting knife with a broken point and a nicked edge. He will ship it to his sponsoring museum as a domestic implement, or a weapon of war, *circa* 1900-75 A.D., whereas in truth it will be a camper's toy used in the worship of the Great God Fun.

Hunting knives at camp are useless, extravagant and sometimes dangerous. Yet I would not deny one of my campers the ownership of a hunting knife for all the logic and common sense in our language. If you want to know why, I must refer you to Robert L. Stevenson's charm-

ing little essay on "The Lantern Bearers." The hunting knife is to a boy what one of those useless, smelly, smoky bull's-eye lanterns was to a member of that immortal gang.

Flashlights at camp, I abhor. Imagine Thoreau on one of his all-night tramps turning a spotlight in the direction of every bird call or cricket chirp or phosphorescent glow to see what was there! Yet we must have flashlights, I presume. They are a necessary evil, therefore let us have the best we can find and try to introduce boyhood to the night despite the incubus. I have led many a nocturnal hike, and so perhaps have you, with flashlights left under one's pillow, and the boys, after a few scratches and tumbles, have been glad they were left behind.

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ASSOCIATION NOTES

New officers of the New York Section,
1928-29:

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The National Conference on State Parks has extended to the C. D. A. a most cordial invitation to be represented at its Eighth National Conference, which will be held in San Francisco, California, June 26, 27, 28, and 29; in Los Angeles, July 2.

STATEMENT OF THE OWNERSHIP, MANAGEMENT, CIRCULATION, ETC., REQUIRED BY THE ACT OF CONGRESS OF AUGUST 24, 1912

Of *Camping*, published monthly at Boston, Massachusetts, for April 1, 1928, State of Massachusetts, County of Middlesex.

Before me, a notary public in and for the State and county aforesaid, personally appeared Lawrence Durborow, who, having been duly sworn according to law, deposes and says that he is the business manager of *Camping* and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, embodied in section 411, Postal Laws and Regulations, printed on the reverse of this form, to wit:

1. That the names and addresses of the publisher, editor, managing editor, and business managers are:

Publisher, The Cosmos Press, Inc., 99 Mt. Auburn St., Cambridge, Mass.; Editor, Henry W. Gibson, 14 Avon Road, Watertown, Mass.; Managing Editor, Henry W. Gibson, 14 Avon Road, Watertown, Mass.; Business Manager, Lawrence Durborow, 32 Orne St., Marblehead, Mass.

2. That the owner is: (If owned by a corporation, its name and address must be stated and also immediately thereunder the names and addresses of stockholders owning or holding one per cent or more of total amount of stock. If not owned by a corporation, the names and addresses of the individual owners must be given. If owned by a firm, company, or other unincorporated concern, its name and address, as well as those of each individual member, must be given.) The Cosmos Press, Inc.; Lawrence Durborow, 32 Orne St., Marblehead, Mass.; Helena T. Wheeler, Waquoit, Falmouth, Mass.

3. That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities are: None.

4. That the two paragraphs next above, giving the names of the owners, stockholders, and security holders, if any, contain not only the list of stockholders and security holders as they appear upon the books of the company but also, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner; and this affiant has no reason to believe that any other person, association, or corporation has any interest direct or indirect in the said stock, bonds, or other securities than as so stated by him.

LAWRENCE DURBOROW
Sworn to and subscribed the 1st day of April, 1928.

The pamphlet accompanying the invitation gives an outline of the program, features of entertainment, possible trips, and the lecturers who are to be present. The program sounds most interesting and valuable. Among the speakers will be Governor Young; Dr. J. C. Merriam, president of the Carnegie Institute of Washington; Major W. A. Welch, general manager of the Palisades Interstate Park, New York; Wilbur A. Nelson, Corcoran Professor of Geology at the University of Virginia; Col. D. C. Chapman, chairman of the Great Smoky Mountain National Park Association of Tennessee; William E. Colby, chairman of the State Park Commission of California; the members of the commission, Dr. Ray Lyman Wilbur, president of the Leland Stanford Jr. University and ex-Senator William F. Chandler.

Our Association will be represented by the officers of the Pacific Section:

President, Mr. H. J. Bemiss
Vice President, Miss Ruth M. Huntington
Secretary, Mrs. Stella S. Swenson
Treasurer, Miss Alma M. Wilson

The New England Section of the Camp Directors Association held their spring meeting on Saturday, May 19, at Cedar Hill, Waltham, Massachusetts.

PROGRAM

10.00 A.M. Mr. Harry Jordan, a Maine guide now with the Girl Scouts at Cedar Hill, talked on and demonstrated the use of bow and arrow, and ax.

11.30 A.M. Business meeting.

1.00 P.M. Luncheon (\$1.00). Luncheon was prepared and served by Girl Scouts. Through the courtesy of Mrs. Charles Stevens.

2.30 P.M. Mr. Norman Fradd, Instructor in the Department of Physical Education, Harvard University, "Posture."

3.30 P.M. Mr. Horace Taylor, naturalist.

The Washington Section, which is in process of forming, has had another meeting and the following officers were appointed:

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Established 1912

THE ROUND TABLE CONFERENCE
By RICHARD W. DESHON

April 14, 1928 at the Boston City Club was held the last conference of the season. Those present included Walter H. Bentley, Stanley R. Oldham and Walter H. Sears of *Camp Wyanoke*, Colonel Alcott Farrar Elwell of *Mowglis*, Frank E. Poland of *Medomak*, C. A. Roys and A. L. Hayden of *Teela-Wooken*, Dr. John B. May of the *Winnetaska Canoeing Camps*, and Everett P. Wilder of *Soan-Ge Taha*. Horace Taylor, the naturalist, was the guest of Colonel Elwell.

A considerable time was devoted to discussing liability insurance. Mr. Bentley suggested that the Camp Directors Association appoint a committee to investigate the situation and to get remedies.

Mr. Bentley also spoke of counselors who applied at the same time to several camps for positions and stated that a man

should not apply to a camp unless he were a bona fide candidate.

For the coming winter, Mr. Oldham was appointed chairman, as Mr. Bentley refused to accept the position for a third year. Mr. Sears was appointed secretary. Sincere tributes to Mr. Bentley's pioneering in establishing the conferences were paid by Colonel Elwell, Mr. Hayden and Dr. May. Colonel Elwell stated in part that Mr. Bentley has initiated something of more value to the camp field than anyone else and spoke of how the conferences had been followed by similar groups in New York and elsewhere. Dr. May spoke of how every director liked to talk, of how he got the chance at the conferences and this, he added, is why the gatherings have been so successful.

THE LURE OF EQUIPMENT
By H. W. GIBSON

Inexperienced persons are easily led astray by thinking that equipment makes a camp. That it is only necessary to form a corporation, sell stocks or bonds, invest in land and buildings, and presto change, you have a camp. After several seasons of desperate advertising, and unfortunate management, the camp either changes ownership or goes out of business, and the promoter realizes that an organized camp cannot be "sold" to parents or campers on a purely equipment basis. A camp is developed through personality and not by equipment.

If "back to nature" is an excellent objective and talking slogan, why do we drag "back into nature" the architecture and modern convenience of city life? Why not expose city-bred boys and girls to nature as is, with just enough conveniences necessary for safety and sanitation. Surely this would furnish eight weeks of real thrill for pampered and chore-relieved youth.

One of the recognized camps of quality for girls has a somewhat meager equipment, but the personality of the director and the counselors, and the character-producing worth of its program is such that a full enrollment each summer is the rule and not the exception.

The second generation of campers eagerly anticipates enjoying this camp of

their mothers. It is a modern application of the statement that "with Mark Hopkins on one end of the log and a boy on the other end, you have a university." Organized camping cannot be promoted on the chain store plan and retain its spontaneity, its simplicity, its idealism, its effectiveness in nature's education, and its sturdy, self-reliant character production.

Equipment requires attention and care. Much of the time of the directors of an elaborately equipped camp is spent with operation of machinery and with the details of organization, thus denying campers the contact with his or her personality. Even our programs are now built around complexes, situations, projects and measures of intellectualism. Instead of making living a matter of simplicity we are adding to its complexity. Let us save our camps from becoming a part of big business. Let us preserve this one opportunity our boys and girls have for living in this democratic fashion. Let us save ourselves, as directors, from becoming burdened with the care of excessive and useless equipment. Let us plan our camp and programs so that we will have sufficient time to *live with* our campers. Let us make equipment a means and not an end. Beware of the lure of equipment if you would really enjoy directing a camp of boys or girls.

CAMP ASSOCIATION EXHIBIT

(Continued from page 1)

In developing the exhibit itself, a very definite policy was followed. It was felt by the committee in charge that the idea which was basic in the inception of the summer camp, that it was a vacational and recreational institution, whose primary stress was to afford opportunity for athletic activity and outdoor life, was no

longer entirely accurate. Most laymen, who do not entirely understand the educational implications of the highly organized summer camp, know that it supplies admirable opportunities for developing in all types of athletics on land and in the water, but have no, or, at least, very little, realization or understanding of its fundamental educational and cultural and

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August forms close June 2

The RED BOOK
MAGAZINE
Leading Camp and School Directory

M Mercer Kendig, Director
Department of Education
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Felt pad, S.F. 30f.....	4.50
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Publications

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A weekly periodical with a wide circulation among the intellectual. Maintains a camp and school department for advisory service to parents. Special Time discounts given. Rate card on application.

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Camp water supplies should always be sterilized to avoid all possibility of water-borne disease. W & T chlorine control apparatus sterilizes 75% of the drinking water supplied in North America. Send for folder "Small Water Supplies."

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**TRANSACTIONS OF THE NATIONAL BOARD OF DIRECTORS
AT ANNUAL MEETING IN ATLANTIC CITY**

The Board of Directors, composed of the national officers and the presidents of all sections, met in the Hotel Ambassador, Atlantic City, March 9, 1928, at 9 A.M., with Mr. H. W. Gibson, the national president, in the chair. The following were present: Mr. Frederick L. Guggenheim (New York), Col. A. F. Elwell (New England), Miss Sara Holiday (Mid-West), Miss Emily Welch (national vice president), Miss Laura I. Mattoon (secretary-treasurer). The meeting adjourned at 1 P.M.

- I. A member had written asking that the Association take action on the correct spelling of the word counselor. It was decided that since the matter was of relatively slight importance the members should use their own discretion and pleasure in the spelling of the word.
- II. For two summers members of the Association have entertained at their camps a British teacher whose traveling expenses are borne by the English Speaking Union of London. Since these visits have been of value to the visitors and a pleasure to their hosts, it was decided to extend again an invitation to a third British teacher.
- III. The Placement Bureau, under the guidance of the national office, was sufficiently successful in its service to counselors and directors, and in its camp educational work, to warrant its continuation.
- IV. The Board agreed to change the beginning of the fiscal year from March 13 to October 1, thus making the fiscal year concurrent with the period of the annual dues.
- V. Having settled expeditiously items I to IV, time in abundance was given to the discussion of the spring conferences. Questions, answers, ideas, and plans were tossed about with an energy and an eagerness which indicated that the Board believed these conferences of vital importance. The decision was to appoint a committee whose task would be (1) to make a most careful and serious study of plans, standards and details concerning the conferences; (2) to develop the conferences along broad lines; (3) to establish them upon a firm educational foundation and; (4) to provide regional conferences throughout the country. The committee is also to consider a program for a five-year period.
- VI. The question was brought up regarding the advisability of having a list of qualified lecturers made up from our membership, who could speak at the colleges, woman's clubs, etc., on such subjects as the pur-

poses of organized camping, the qualifications of counselors, announcements of the training conferences, and the history and aims of the Association. The Association would then be prepared to recommend speakers on request.

- VII. A slight change was adopted in the procedure for admitting members. The application is now to be received at the national office and recorded, then sent by registered mail to the section secretary, who will mail out the necessary material to the applicant. This application will be acted upon, as before, by the section committee and forwarded to the national office for ratification.
- VIII. The Pacific Section requested information regarding special membership in their section. The admission of all members must follow the requirements of the national constitution.
- IX. The much-discussed subject of coöperative educational publicity came forward for attention. The sections had outlined various plans and one publishing firm sent a representative with suggestions. The Board favored a plan for a coöperative educational campaign. A committee is to be appointed that shall consider such a plan, that shall formulate a definite procedure, that shall consult with experts, and that shall present the data for the consideration of the Executive Committee for early action.
- X. It was agreed that the presidents of the sections shall be invited to attend the meetings of the Executive Committee and that the minutes of the meetings shall be sent to the Board of Directors and to the secretaries of each section.

**GENERAL BUSINESS MEETING
AT THE ATLANTIC CITY
CONVENTION**

The general business meeting was held Friday afternoon, March 9, with Mr. H. W. Gibson again presiding.

The chairmen of the conference committees gave brief reports.

Camp Craft. Mrs. Carstens (Camp Allegro) spoke feelingly of the great need of specific training in camp craft. She urged the establishment of regional conferences so that a large number of counselors could attend.

Horsemanship. Mr. Roys (Camp Teela-Wooken) reported that the results from the conference were most gratifying. The conference was not self-supporting, but nevertheless its first year was very encour-

(Continued on page 7)

DELINERATOR

Est. 1868

Print order July issue 2,044,440

*Kenneth N. Chambers
Director*

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"THIS HEALTH QUESTION"

Excerpts from the paper by Dr. Fred Clow at the Annual Convention in Atlantic City

The matter of health, as the camp idea inevitably grows, will be more and more important. There are certain essentials, matters upon which we are all agreed, such as a pure water supply that has the endorsement of the local health authorities, a source of clean milk that is checked by frequent bacteriological and chemical examinations, a personnel that is free from transmissible disease, particularly that part of the help which handles food — all these are taken as the *sine qua non* of our average camp.

The camp movement should, if it is to grow, cover three phases of activity in the lives of our boys and girls: educational, recreational and moral. Under educational, as an important subhead, I should place health education.

I am asking that your educational program for the summer take into consideration the health requirements of the individual and that a little instruction be given along the way.

The attitude of the camp director toward the local physician and vice versa are of extreme importance. The relation should be one of mutual trust and friendliness, with a willingness on the part of both to hold the interests of the camp first, their own feelings subordinated to the welfare of the boys and girls involved.

In every instance the camp director should require that some person, a member of the family preferably, but at least a friend, may be near enough to the camp to be consulted in case of sudden accident to the individual camper. Within telephone distance should be an agent of the family who can give permission for the administration of an anesthetic. To give a child a prophylactic dose of antitoxin to prevent diphtheria or scarlet fever should always be preceded by permission.

No camp should be buried too deeply in thick woods. Adequate deforestation may be done, letting in both sun and air, drying up damp spots where water easily collects. Everybody, it would seem, is coming to recognize the great value of sunlight as a factor in growth and health. Systematic sun bathing, beginning with very short exposure of a very small portion of the body area, is one of the chief measures that can be used in getting a run-down child back to normal condition.

The mentally abnormal child, if not too severely out of line, can often be set on a normal course. Cases of major hysteria, epilepsy, or severe chronic disease should, of course, be ruled out. Also any child who has a cough of recent development (it may be whooping cough), and any child has had recently any sort of queer "spells" (convulsions or fainting fits). It goes without saying that no camper who has been exposed to a contagious disease should be admitted. On the other hand no child should be sent home at the end of the sea-

son when he is apt to infect his family. But if any child has a slight handicap, and his presence is not going to disrupt the routine of the organization too badly, he should be received. It is often surprising to see how rapidly he falls into line and assumes all the camp activities, with permanent improvement the result. Any child who must take much medicine should be excluded. His influence will not be for the good of the other campers. Any child who is subject to hysterical seizures should either be promptly relieved or sent home.

The child who needs special attention in camp is the child who is not only underweight but who has symptoms, such as poor appetite, poor color and easy fatigability, who is hollow-eyed, who sleeps badly, who cannot keep up with other campers of his own group.

The child who acts and feels diffident in the presence of other children, who cannot be made to come forward and do the normal things that the others do, who prefers solitude to companionship, who rarely asserts himself publicly, should by all means find in the camp his greatest opportunity for development. The director who understands the psychology of adolescents, and who sympathetically directs such a child will produce results far beyond the expectations of all.

It would be well, in the personal history of the camper, to require a statement as to whether he has ever received antitoxin for any disease. To give a foreign serum, usually that of horse's blood, to a sensitive child (using the word "sensitive" in the immunological sense) is a dangerous thing. This, a new danger, you must be prepared to face. A second injection of a foreign serum to a boy or girl who has previously received serum may be followed by the most serious complications, making up what we call anaphylaxis, and this may be a cause of immediate death.

Every camper should bring a statement of previous diseases he has had, with the physical examination of the family physician. In some camps this is checked by an independent examination by the camp doctor, and I commend it emphatically.

The question of a camp nurse depends upon the wishes of the director. A nurse of mature years, who has had public health experience and experience with children, who is not an alarmist, who does not try to make a diagnosis of the worst possible disease in every case of trivial illness, who will have charge of the camp infirmary — such a person can be a great help to the smooth running of the camp. She must be treated with respect, she must have hours of freedom from duty, she must not be expected to practice medicine.

The camp infirmary is an important part of the physical equipment. It should be in charge of the nurse, or house mother, or the doctor, or the director himself. One bed for each twenty campers is about the right number to provide. Provision should

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WHERE TO BUY DESSERTS

FOR healthy, hearty outdoor appetites there's nothing like a delicious dessert to top off a good meal. That's why so many camps feature the easy-to-prepare, delicious, economical Gumpert Quality Desserts.

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MEAT — YOUR PROBLEM

BY HAROLD STEINTHAL

Camp Service Manager, West Shore Beef Company, 688 Eighth Ave., New York

The success of your summer camp depends upon its food. The housewife knows that the way to her husband's heart is through tasty meals. The wise camp director knows that no matter how adequate his equipment, no matter how competent his counselors, his boys will not be satisfied unless they have good, wholesome food.

Your summer camp is just as much a business as any other line. It must be run just as economically if the books are to show a profit at the end of the season.

You have to face the problem of buying good food economically.

With good, common business judgment you can buy groceries and vegetables.

The buying of meat presents a different problem, one that the camp director must study.

Your butcher advises you to buy a hind quarter of beef. By applying the principle of large-scale buying you imagine that money is saved when actually you are paying more for the hind quarter than you would pay if cuts were bought separately.

Buy the cuts of meat you need and your bills at the end of the season will be less.

First, I will prove by a statistical chart how you can save in dollars and cents, and then I will show you how to eliminate waste and provide a better camp menu by buying "separate cuts."

A hind quarter of beef weighing 159 pounds is composed of five main divisions:

Hip loin (steaks, suet, soup stock)
Round (pot roast, stew, trimmings)
Top sirloin (roast)
Flank (suet, waste)
Shin (soup stock, waste)

By buying separately the hip loin, round and, unless rib roasts are preferred, the top sirloin, you pay less than by buying the full hind quarter. For example (figuring 159 pounds of hind quarter at 22 cents):

Cost of hind quarter.....	\$34.98
lbs. Division per lb. Cost	
61 Hip loin (steaks, suet, soup stock).....	\$30 \$18.30

lbs.	Division	per lb.	Cost
50	Round (pot roast, stew, waste).....	.22	\$11.00
19	Top sirloin (roast).....	.22	4.18
	Total.....		\$33.48
	Saving.....		\$1.50

In case the top sirloin is not required, the saving would amount to \$5.68. The saving will amount to more proportionately according to the individual requirements.

Besides the actual saving in cash, as shown by the chart, there is also a saving to be made through the elimination of excess waste. The shin and flank are of little value except as soup stock, and therefore are expensive articles. There is a waste through trimmings and bones to the extent of twenty per cent in the hind quarter.

The elimination of waste can be made through the purchase of the particular cut on the day of its serving, as per schedule of daily menus. For example: on Monday the meat is steak; just order the hip loin. On Wednesday the meat is pot roast; order either the bottom round or brisket, according to your preference. On Saturday the meat is roast beef, order either top sirloin or ribs.

By ordering cuts according to menus the accumulation of waste is avoided. The waste (suet, bones, trimmings) is used up as it is made from day to day. Enough bones for soup stock will be had from the ribs, hip loins and briskets. In case more are required, they can be purchased for 5 cents per pound. The same with fat. If there is not a sufficient supply of suet on hand, additional can be obtained for 10 cents per pound.

Your butcher will still argue that it is best for you to purchase the hind quarter. He really means it is best for him.

Even though his argumentative prices may show that the separate cuts cost more than the hind quarter, it is cheaper in the long run to buy the separate cuts.

Separate cut purchasing eliminates the twenty per cent waste, provides your camp with a better and more varied menu, and reduces the total season's meat bill.

NATURE GUIDE SCHOOL OF THE SENIOR TEACHERS COLLEGE OF
WESTERN RESERVE UNIVERSITY

Camping has been interested to receive from Dr. William G. Vinal, former president of the Camp Directors Association, an advance copy of the booklet announcement of courses of this unique Nature Guide School, which is to hold a summer session in Cleveland, June 16-July 28.

This is a unique undertaking in education. The Nature Guide School is an attempt to meet the need of camps for good nature leaders. There is also a demand from schools, scouting, museums, and playgrounds.

Dr. Vinal extends an invitation to camp

directors to send for a copy of his announcement bulletin, and asks if any are following a trail through Western Reserve between June 17 and July 27 they will "sit in" at his camp fire.

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GENERAL BUSINESS MEETING

(Continued from page 5)

aging and directors urge its continuation.

Nature Conference. Fay Welch (Tanager Lodge) reported that the Nature Lore School was held last year at Camp Andree, a most admirable setting for such a conference. Each year the conference has grown. All those attending last year felt fully repaid for the week of hard intensive training. This year, according to the recommendation of Dr. W. G. Vinal, the organizer and chairman of the Nature Lore School for eight years, the conference will be entirely under the direction of the Coordinating Council on Nature Activities. The school will be conducted by Dr. Bertha Chapman Cady, the executive secretary of the council.

Swimming. Dwight L. Rogers, Jr. (Camp Bonnie Dune) spoke in high praise of Prof. Luehring's great gift as a teacher and his ability to train counselors in the important art of teaching others. The conference was not self-supporting.

Canoeing. Edward M. Healy (Androscoggin Camp) gave advance notice of the conference to be held this year. Dr. Ralph E. Miller and Miss M. Elizabeth Bates are the co-directors in charge of instruction. The conference will be held at Camp Allegro, whose director is Mrs. Blanche Carstens.

Health and Sanitation. Dr. J. Wilford Allen (Camp Po-Ne-Mah) distributed an admirable leaflet on the diagnosis of communicable diseases of children, with rules for isolation and exclusion. The leaflet was prepared by Dr. Louis I. Harris, Department of Health, New York City. Anyone desiring copies could get them by sending to the Department of Health, New York City.

Emblem Committee. Mrs. E. L. Gulick (Camp Aloha) reported that a number of designs had been submitted for the national emblem. She suggested that another committee be appointed to make the choice of the emblem best fitted to the needs of the Association.

Legal Committee. Louis Fleisher (Camp Kennebec) reported that attention had been called to a bill drawn up by the state of Maine. The bill as drawn would have been a menace to the best interests of

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THINGS

(Continued from page 1)

These ridiculous aluminum kits with frying pans whose collapsible handles fuse together, whose cups are always too hot to hold until your cocoa is quite lukewarm, and whose forks curl up like a piece of frying bacon, are utterly a nuisance in camp. It is much simpler to send out an overnight trip with one standard set of pots, kettles and implements, build one fire, concentrate the cooking in three persons, line the kids up like convicts at Sing Sing and have them stand in a bread line awaiting their turn for rations. If they bring their individual kits they are forever losing parts, one at a time, at every stopping place; or getting Tom's things mixed with Harry's; or forgetting to bring a kit along at all and having to borrow a plate or cup or both after Roger is through eating. They either have to build little fires of their own, or crowd too closely around a central fire, or wait in line with watering mouths and gnawing stomachs for a chance at the flame. So on the whole the individual camper's mess kit is a trial and tribulation to both camper and counselor and a thorn in the director's side. But I recommend, I almost insist on, every kid's bringing a mess kit to camp, and we put up with all the bother, the care of extra fires, the time it takes to build individual fireplaces, the losing and finding and borrowing and returning — all because it's fun to own a kit of your own, to learn, after a fashion, to use it, and a triumph eternal to keep one whole and clean and yet subject to fair usage through the summer.

There are some camps, I presume, where axmanship is taught by fellows who know its lore and technique. Most individual hand axes, however, purchased with their stiff leather cases and slung onto scout belts, are about as practically useful to the average boy at camp as a pair of bathroom slippers or an alarm clock. The one thing a boy wants to do more than anything else with a hand axe or a hunting knife or a scout knife is to cut big slices of birch bark from the whitest tree in the woods; and this we sternly prohibit. The next best use for the axe or the knife is to throw it at a tree and try to get it to stick in the bark. Now and then, as at Dan Beard's camp, a boy is taught to do this trick under proper tutorship, but as a rule the sport is tabu in behalf of the landscape and physical safety. Usually the store-bought axes are too dull to imply danger more than a bruise; but once they are sharpened, there must follow restrictions, for they become an immediate temptation to run out and cut down your favorite dogwood bush for marshmallow sticks, or chop down a small pine which looks dead because all the lower branches are barren of green. And then, whereas one can carry a dull axe all summer without so much as a stumble, as soon as the edge is keen à la Wellington

Wack, the owner is sure to spill himself into a somersault over a leaf-covered root and come trotting back to the first aid room for mercurochrome, bandages and sympathy. In fact, the reasons for prohibiting the hand axe at camp are many, and for its admission few; but a boy at camp without his own hatchet would feel as lost as a counselor who has forgotten his whistle on a hike. So every boy must bring an axe.

I wish that every boy at camp had his own canoe. As it is, we have a fleet large enough so that there is a canoe for every two boys. This is altogether more canoes than we actually need; but I can't see boys hanging around waiting for a turn at canoeing, and would rather have a few too many than to find one lacking when it is wanted. Of course, the average camp boy goes home and lives where the largest available body of water is in the bath tub, so what's the use of owning a canoe? But such boys as will have the privilege of living outdoors where they belong in the summertime ought to enjoy that indefinable feeling of pride in the ownership of an age-old craft. One can never get this from an automobile, for that is too recent an acquirement of the race, while the canoe has wrought itself into the very hereditary fiber of humanity, like a horse or a dog. We present two canoes each summer, instead of glittering medals or absurd loving cups, and the campers who win the right to these canoes experience not only the recognition of merit in concrete form, but also the indescribable feeling inherent in the possession of a gracefully beautiful water craft of one's very own. There is nothing exactly like this feeling, unless it be that of a fisherman for his boat, a yachtsman for his white sails and mahogany wheel, or a captain for his liner. I am tempted strongly to start a campaign with the slogan "Every camper his own canoe." When I die, I should like to be wrapped in my Hudson Bay blanket, laid snugly at the bottom of an old canoe and, with a couple of gray rocks from the shore for company, be dropped gently to the bottom of Nubble Pond, with only a few vanishing ripples to mark the burial spot.

The Hudson Bay blanket leads me to a word about sleeping bags. The poncho, or the two ponchos riddled with blanket-pin holes, one above you and one below, are as obsolete at our camp for sleeping purposes as the box mattress or the feather bed. A good, lightweight waterproof sleeping bag which, with its content of blankets, makes up into a canoe pack about eighteen inches in diameter by two feet long means absolutely waterproof sleeping and plenty of warmth for the coldest of Maine summer nights. Made to lace up at bottom and one side, and with a generous head top for shelter not

(Continued on page 10)

PUTTING PUNCH IN
A CAMP POSTURE PROGRAM

Most directors are looking for ways to improve the *health* of the camper.

Most directors are overlooking or neglecting a fundamental health asset, namely Posture or good Body Mechanics.

A camp project in posture has been operating for three seasons in two summer camps under the supervision of NORMAN W. FRADD, Director of Hemmenway Gymnasium, Harvard University. Mr. Fradd is planning an intensive survey project in several camps this season during the first three weeks of July. A few dates are still open. If you are interested in this project, get in touch with the above address for further details.

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CAMP ASSOCIATION EXHIBIT

(Continued from page 3)

spiritual possibilities. An effort was therefore made to stress these elements of the organized camp. A slogan was adopted and placed in a position of prominence, which seemed to the committee in charge to best express in the fewest possible words the primary educational *motif* that underlay the entire camping movement from its inception. That slogan is "Training for Leisure" — meaning, of course, not that the purpose of the camp is to train for idleness, but, on the contrary, so to train our boys and girls that they will know how and will want to use their leisure time, away from the definite and necessary tasks and routine of a practical and material world, in the finest and best possible way, in an interest in and pursuit of those cultural activities which have come to be so important, indeed so essential, a part of the curriculum of the modern, highly organized camp. It was felt that the camps, in thus training our boys and girls for leisure, are best preparing them for the finest and fullest participation in the adult life. And it was felt further that it was this function of the camp, in the many important functions that it can be made to serve, that is

the finest and most important, and that should, therefore, be most strongly stressed. That was the aim and fundamental idea of the committee in charge, in the preparation of its exhibit, and in part, at least, it is thought to have been fairly and reasonably successful.

Just as the Parents Exposition itself as a unique and interesting experiment proved, in the main, highly successful, just so do we feel that the participation of the Camp Directors Association, as an initial effort, was satisfactory. Those who had an opportunity to see and to study the exposition as a whole felt that it was a most noteworthy enterprise, and that it presented in a striking, thought-provoking form all of the elements that are striving together to develop the best possible kind of citizen of the future. While mistakes have doubtless been made, and while upon the basis of those mistakes and the experience of which they were a part a much more adequate result can be realized in future expositions of a similar nature, which will undoubtedly be held, it was the general feeling that the Camp Directors Association was by no means an ineffective and inadequate participant.

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THINGS

(Continued from page 8)

only against rain but against wind and too early morning sun, we have found the summer sleeping bag an immense saving in time, a perfect weather protection and, since we do not need so many blankets, of even less transport weight than the old-style poncho or rubber blanket bed. Both poncho and rubber blanket still have their place for rain walks or sudden squalls at camp.

And as to blankets, for two summers we have not had a single cold among the boys since we adopted the custom of *always* bringing blankets to evening council fire or story hour. At evening, one's energy drops downward, and so does temperature. The earth cools off, dews fall, one relaxes on the ground either sitting or lying. Now a blanket is our best friend and if my stories are too dull to keep Jim or George awake, at least he may sleep through them in warm comfort and not need castor oil and rhinitis next day.

Colds, however, are the least of a director's worries. I begin every summer with a distribution of first aid kits to the counselors, followed by a lecture or series of lectures by the estimable R.N. and a talk or two by our much beloved M.D. For eleven years I have expected each summer to be the one destined for the unforeseen accident to one of the boys. I presume the camp director, like the aviator, or the soldier, jogs along under the supposition of "mine next." And the first aid kit is to the director what a parachute is to the pilot. It must be always ready, always up to standard and the counselor must know how to use it. Thus far (I rap my knuckles on the desk beside me) we have had to use the kits for minor scratches, bruises, strains and cuts; but like an insurance policy, the feeling that the kits are ready is a source of comfort to the man or woman entrusted with half a hundred or more wild youngsters in eternal action. Every boy may have a small Scout kit; but it is to the counselor's larger outfit that he is bidden to run for first aid, and then the R.N. must have a complete report, inspect the counselor's work and O.K. it before it is allowed to stand as complete for a particular case. A kit, or a dozen kits, is not sufficient protection against the possibilities that lie behind amateur use of perfectly adequate instruments. There is one point at which I find nearly all market kits lacking—adhesive tape. I always add a five yard half-inch roll to any standard kit we may employ.

Not long ago I was ready to debate with Mrs. Dwight L. Rogers on the subject of uniforms. But I am persuaded that I am wrong without further controversy. A camp endowed with a few millions to bank on might survive having the boys run wild as to clothes, or absence of clothes, as they pleased. But in a com-

petitive day, we must submit to the omniscient pressure of standardization and uniformity, cudgel ourselves to believe that a line of uniforms like those provided for soldiers, convicts or waiters is altogether beautiful and right, and establish a penal code for the infringement of conformity in style. How wonderful to behold a line of boys all dressed identically alike in gray or green or blue with white stripes! How horrible when one of them wants to wear a straw sombrero trimmed with gold lace, a pair of long pants with a red sash around the waist and shuffle around in sandals! It mustn't be done. Personally I think the boys' variations are comfortable and picturesque. But visitors think they are sloppy, and compare them with the perfect hospital-style attire of Camp Amawawik.

Thus far some of our boys at least can have the experience of living in a tent. In time, our tents will disappear in favor of the more permanent bungalow. This, as yet, has no running hot and cold water, shower, radiator system or electric lights. They will probably have to be installed as soon as the parents of our prospective campers learn that Amawawik has them, plus a radio and a movie screen. But boys are boys, after all, and once you pry them loose from both tent and bungalow, and introduce them to a brawse bed under starlight or moonglow, they will return indoors only under compulsion of weather plus instructions from headquarters.

So we have equipment. Plenty of it, and first class. But let me whisper you a secret. When we get away from headquarters, when the boys deposit their canoe packs on the rough, scraggly rocks of the shore of Nubble Pond, shed their clothes completely and begin to live in that wild lone spot as their ancestors once lived among caves, equipment can lie back at camp all polished and varnished and spick and span for visitors to look at and admire. Not many of them ever get over to my shack on Nubble. No road leads there. The way down over the cliffs is almost as steep as the sides of the Woolworth tower (and the mica in the rocks sparkles like the artificial gold on the Woolworth rococo); the only other way to get there is by canoe ferry, and the pond looks dark and deep and dismal from the other shore. We go there with that minimum of equipment which a woodsman needs, and live there as nearly like Thoreau at Walden as such amateur nature folk can in this winter-softened and skin-whitened day. So all hail standardization, elaboration, varnish and show! We must have it to survive; but, until boys cease to be boys, we who are true campers at heart will find a way of escape for at least long enough to live for a little while after God's own pattern instead of that of the *Saturday Evening Post*.

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GENERAL BUSINESS MEETING

(Continued from page 7)

camping. One of its requirements regarding a camp was that a register should be kept and signed similar to those used by hotels. Also a license fee which would run around \$75 a year would place the camp in the classification with boarding houses. The state of New Hampshire gave the Legal Committee help in fighting and changing the bill. The committee's attention had also been called to enactments in the state of New Hampshire relating to the use of guides in the Girl Scout camps. The committee was glad to give assistance to a camp that was seeking a license fee exemption on the ground of not being run for profit. This problem was solved by diplomatic measures. In closing his report Mr. Fleisher urged that each director consider himself a scout member of this committee and bring to the attention of the chairman any and all matters of legislation, federal or state, relating to camps, or that would be of interest to the Association. The committee stands ready to work on any question of interest to the Association members, not as a legal representative, but through advice, wherever possible.

Library Committee. Miss Sara Holiday (Holiday Camps) suggested that the following books be added to the library shelf of each camp.

The *Horn Magazine*, published four

times a year, by the Woman's Educational Union, Boston.

May Lamberton Baker's *Adventures in Reading* and her *Readers' Guide Book*, and Anne Carroll Moore's publications. *Stories*. A list of stories to tell and to read aloud, by Mary Gould Davis, New York Public Library, 1927.

An admirable suggestion was made by Miss Holiday that each section should appoint several members particularly interested in developing camp libraries and children's reading interest while in camp. These members at the end of the summer are to send in to the chairman of the Library Committee (1) the ten "best sellers" in their camp library for that season; (2)

professional books on camping used in the camp by directors and counselors; (3) books on child psychology read by the staff during the summer. The final summary of these findings would be of much interest.

The reports from committees were followed by those from two of our section presidents. Col. Elwell (Mowglis) of the New England Section announced that the section not only had a group of men that met frequently for discussions but also the women had felt the need for a similar problem-solving round table. The two groups interchange the ideas thrashed out at these small conferences. It is the cus-

(Continued on page 15)

GELATINE DESSERTS

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THE PLACEMENT BUREAU

In order to encourage the better type of college student to take an interest in summer camp work the Placement Bureau of the Camp Directors Association is conducting a special department for graduates and undergraduates of colleges. Only those applicants are listed here who have qualifications which recommend them to camp directors.

The counselors, whose qualifications are advertised below, are only a few of the many candidates listed in the Placement Bureau, from all parts of the United States. A great many candidates are listed from the South and Mid-West. The Placement Bureau is eager to hear from *all* directors, and particularly from those in the South and Mid-West who are seeking counselors.

For detailed information of counselors listed here, or of others registered in the Placement Bureau, use form at bottom of column.

Address the secretary of the Camp Directors Association, Miss Laura I. Mattoon, Wolfeboro, N. H.

103 — E. G. — Recent college graduate who has specialized in music. Experienced in teaching public school music. Able pianist and accompanist. Adaptable young woman wishes position in summer camp where these talents will be of use. (North Carolina)

513 — M. G. B. — Position wanted as dramatic counselor by mature young woman graduate of University of Michigan. Four years' experience as counselor in Michigan camp. Now teaching on Long Island. Has produced sixteen plays for public presentation. Can also teach jewelry. (New York)

106 — S. B. R. — Senior at Ohio State University. Specialties: arts and crafts, weaving, copper, silver work, basketry, leather tooling, art designs. Second choice, nature lore, story telling, swimming. Young woman experienced in group leadership, scouting and athletics. (Columbus, Ohio)

104 — N. C. W. — Qualified camp director. Eleven years' work with young people; four as assistant director national movement for girls. Eleven seasons in camp, four as acting director; three as faculty counselor; four in taking independent groups on private parties. Woman specialist in dramatic production. (Connecticut)

168 — L. B. — Young man, college student, who has been to summer camps for the past six years participating in all activities, wishes position as counselor where he can assist in coaching basketball, baseball, track and swimming. (Washington, D. C.)

108 — G. E. W. — Young woman, college student, who has taken Camp Counselorship course, and is already experienced as a counselor, wishes position. Has taught diving and swimming, canoeing, tennis, hockey. Has also had two years of type-writing and secretarial experience. (Baltimore)

844 — J. B. M. — College student of 20, who has spent one summer at Citizens' Military Training Camp, and four years camping in Maine woods, wishes counselorship for this season. Has acted as counselor two years previous and dealt with boys of 8-16. Canoeing and campcraft specialties. (Penn.)

305 — E. W. W. — Graduate nurse with camp experience; also two years as superintendent of college hospital, and fifteen years private nursing chiefly with children. Has also done public health work and is willing to help out in any capacity.

Name of director..... Date.....
Address.....

Name of camp.....
Address.....

Please send me details of advertised counselors whose numbers are:.....

Please suggest other candidates for the following activities:.....

Men } Age preferred?
Women }

Do you wish Jewish or Gentile counselors?

Probable salary per season?

Do you pay transportation?

Mail this form to LAURA I. MATTOON, Secretary

Wolfeboro, New Hampshire

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June 19th-26th

ROBERT W. CLAIBORNE, A.B., A.M.
Rowayton (S. Norwalk), Conn.

110 — E. S.— Wellesley College Junior has had seven years of camping experience, including two as counselor. Has captained Scout troop of 45. Able to teach scouting, swimming, campcraft, nature lore; can assist in athletics and folk dancing. Excellent references (Massachusetts)

136 — A. J. W.— Graduate of Sargent School of Physical Education, with experience at the Sargent Camp, is well equipped to teach at summer camp; specialties are: tennis, basketball, swimming, diving and hockey. Experienced coach in basketball and tennis. (New Jersey)

137 — C. H. D.— Young woman teacher of 26 desires position as secretary, or as counselor assisting with handcraft. Has had experience in playground work, and has done practical work in connection with missionary training school. (Penn.)

834 — W. B.— Place as camp physician wanted by man of 28. M.D. degree, 1923. Studied abroad 1926 at University of Vienna. On medical staff, Chicago Infant Welfare Society, 1927. Now Medical Adviser for men at University of Illinois. (Illinois)

838 — A. G.— A young man of 29, now a successful story writer for boys' magazines, formerly physical director at Y. M. C. A., and a camp director for one season, college education at an Episcopal Church college — wants a job at a camp for boys of high school age or over. Responsibility preferred in physical activities. Available several seasons to come. (Mass.)

169 — E. M.— Vigorous young woman student, who has had four seasons' experience as a camper, has a variety of abilities to offer as counselor: capable horsewoman; efficient at driving car and story telling; can assist in general athletics, dramatics, dancing, crafts and nature study. Initiative, imagination, sense of humor. Best references. (Penn.)

840 — D. S.— Student, 22, at technical institute, has been camper four years, counselor and swimming instructor three years. Life guard at Lake Placid Club four years. Seaman on S. S. *Coleda*. Football, track and swimming at college. Automobile mechanic. Choir singer. Expert woodsman and canoeist. (Penn.)

841 — N. H.— Member of Cornell varsity swimming team and previous coach of elementary school swimming team and high school team. Also member of varsity track and soccer squads. Is experienced leader of boys and stands well in studies. Position wanted in summer camp where these abilities can be used. (New York State)

102 — M. N.— Young woman, 20, completing course at finishing school, is qualified to teach swimming, diving, and life saving. Has had experience already in teaching life saving at a high grade summer camp. (Winchester, Mass.)

180 — G. E. C.— Physical director of six successful years of experience, three as head of college department. Sports counselor in camp one summer. Organized and directed Camp Fire Girls' camp of fifty girls for two weeks. Greatly interested in girls. Graduate of Sargent School. Age 26. (Mass.)

181 — L. H.— Position as counselor or assistant at girls' camp, summer months. Prefer work with girls of high school age, although this is not essential. Experience, four years' camp life, last two years counselor. Full charge basketball, assisting in swimming, tennis and land sports. American, college student, 20 years old. References exchanged. Salary secondary consideration. (Mass.)

182 — T. P. P.— Young woman, college teacher with B.A. and M.A. degrees, and three summers' experience as nature leader in Girl Scout camps, would like a position for the coming summer. Is also qualified to tutor botany, zoölogy and Spanish, and assist with music. (Conn.)

845 — H. B. M.— Young man, Eagle Scout, seven years in scouting, five years as leader. Also active in other group work. Has made study of first aid and camp craft and has had considerable practical experience. Has taken college courses in psychology, biology and anatomy. (Tenn.)

847 — H. M. Z.— College instructor with Master of Science degree. Man of 29 who has had considerable experience in teaching and tutoring of mathematics and natural science. Also able to direct the athletic activities of either boys or girls. (Penn.)

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254 — M.P.— A counselor of four seasons' standing genuinely interested in children, experienced in teaching swimming, diving, land sports, tennis, track, riflery, life saving, gymnastics, baseball. Qualified to assist with canoeing, horseback riding, archery, camp craft, dancing, dramatics and first aid. Young woman desires position in girls' camp. Excellent references. (Massachusetts)

247 — M.O.— Southern girl, college senior, with two years' camp experience, is qualified to tutor in high school subjects: English, history, psychology, zoölogy, and astronomy preferred. Can assist in horseback riding, swimming, and general camp activities. (Florida)

246 — R.L.— Young woman who has specialized in work with children in primary and elementary classes, and who can tutor in such subjects, wishes position as junior counselor. Has had four years of gymnasium training at college and can assist in usual camp sports and activities. (Florida)

243 — V.A.— Girl graduate with degree in home economics desires position as counselor. As president of the college athletic association has developed ability for leadership. Also experienced in dramatics and a member of college glee club. (Iowa)

241 — M.J.G.— Dietitian seeks position. Two summers' practical experience on dining room staff of Michigan camp, also experience during senior year at college in taking charge of faculty and alumni luncheons and dinners. Graduating this June, having majored in home economics. (Kentucky)

240 — J.M.— Senior in physical education course at Oberlin, has coached all sports especially hockey, baseball and swimming, and has done practice teaching in gymnastics. Taught swimming at camp one summer. Is to attend Red Cross Institute at Brinfield, Connecticut this June. (Ohio)

234 — C.W.— New York City vocal teacher with two years' experience in army in music: singing, directing and leading group songs, desires position in summer camp where this ability can be utilized to good advantage. (New York)

227 — M.T.— University graduate, mature young woman who has specialized in dramatics and also taken active part in athletic association. A teacher of English, who has coached plays, debates and oratory, is looking for camp position for summer. (Minnesota)

879 — W.H.R.— Young man, class of 1923, has had experience of value in fitting him for counselor position: several years in college and Y.M.C.A.

athletics, three years teaching and coaching; several years as assistant scout master; practical experience in camping as surveyor and as traveler from coast to coast; rider and huntsman. (Maryland)

874 — J.B.— Man teacher has directed nature lore in a boys' camp and taught nature study in junior high school for two years, basing work on study out of doors. Well versed in the study of birds, flowers, forestry, animals, insects, geology, weather conditions and astronomy. (Tennessee)

855 — L.H.— College student, young man qualified to direct or assist in many camp athletic activities. Has had three seasons in Scout camps, two in Montana mountains, one summer on Atlantic and in England and Scotland. Makes specialty of swimming. Member Illinois varsity basketball squad. (Illinois)

249 — M.G.G.— College and normal school graduate, with three years experience in camp and recreational work, wishes position as assistant director or head counselor. Can direct crafts and athletics, and can assist in riding, swimming, dramatics, first aid and other activities. (Massachusetts)

260 — M.V.B.— Young woman graduating from university course in physical education desires counselor position. Has served as camp counselor for one summer and has also taken a camp course at college and taught a year in high school. Is especially competent in swimming and field sports. (Pennsylvania)

266 — A.A.— Art counselor available for July and August. Now a student at normal art school, specializing in sketching, crafts, folk lore. A competent assistant in other activities. Experienced camper. Salary wanted sufficient to cover expenses. References. (New Jersey)

883 — D.P.L.G.— A director of a camp for three seasons is seeking new connection where his executive abilities can be utilized to advantage. A married man, college graduate, active in athletics, holding Red Cross Senior and Examiner, and Y.M.C.A. life saving certificates, experienced as teacher and coach in school and college. (Ohio)

273 — A.M.U.— Graduate of a normal school and now a junior at Cornell, this capable young woman is qualified to tutor in history, civics, English, Latin, and mathematics. Has also had considerable experience in supervising children's playgrounds. (Pennsylvania)

888 — D.R.L.— Williams College senior with ten years' camp experience can assume full responsibility and organize nature work, athletic program and dramatics. (Massachusetts)

ASSOCIATION NOTES

(Continued from page 2)

Chairman, Mr. Edward N. Smith
McGuire University, Richmond, Va.
Camp Shawanoga

Secretary, Mrs. Susan S. Alburtis
29 Irving St., Chevy Chase, Md.

LAURA I. MATTOON
Secretary, Camp Directors Association

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"THIS HEALTH QUESTION"

(Continued from page 6)

be made for quarantine, and every child with sore throat, fever, runny nose, eruption or other obscure condition should be placed in quarantine until the danger period is passed or some disposition is made of his case. Isolation in the camp for a long period should be avoided.

The bathing season, everywhere, results in the usual crop of ear troubles. The pressure of swollen wax which is allowed to remain readily causes inflammation of the ear canal and the drum membrane. When wax is known to be present in the ear it should be removed before much bathing is permitted.

Campers with perforated drums should never be allowed to bathe without the canals being thoroughly plugged. Ordinary cotton is useless for this purpose. Lamb's wool, with its content of fat, is more satisfactory. A mixture of wax and fibre is best of all. The rubber plug commonly used should be covered with vaseline. A rubber bathing cap should cover any kind of plug.

Dr. George B. McAuliff has investigated this matter of ear infections and swimming, and his conclusions seem reasonable: that in cases of open perforation or sensitive external canal lining a plug should be worn, the ordinary ear being uninjured by contact with water; bathers should not swallow while under water; and they should allow water to flow out of the nose naturally instead of forcibly blowing on coming out. If blowing the nose and swallowing are avoided, no ear complications will occur."

The question of the time campers should be allowed to stay in the water each day is a matter of paramount importance. Fox states that in a bath at a temperature of 70° Fahrenheit, of fifteen to twenty minutes' duration, the loss of heat may be increased fivefold that of the normal rate. In strong persons this is probably negligible, but in weak children it may be the determining factor in well-being or illness. Man cannot yet adapt himself to a prolonged stay in an element other than air.

The feet of our girls, particularly, due to the extreme types of shoes worn, are not receiving proper hygiene. Our records show that weak feet, painful feet, flat feet, contracted feet are the defects most com-

(Continued on page 15)

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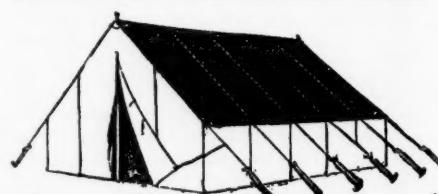
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GENERAL BUSINESS MEETING

(Continued from page 11)

tom of this section to end the winter's meetings in the middle of May by a merry gathering in a camping environment such as Cedar Hill, Waltham, the Massachusetts Girl Scout headquarters.

Mr. Frederick Guggenheim (Camp Winnebago) of the New York Section announced that this section had had four large general meetings during the winter. On the alternate months the two separate round table groups for men and for women met to discuss intimate problems of their several camps. The section made a survey of counselors' salaries, which proved most interesting. These reports can be had from the secretary of the New York Section, Mr. J. W. Hayden, Box 275, 67 Overlook Avenue, Ridgewood, N. J.

This Association was only two years of age when it was discovered that its constitution no longer fitted its particular needs. Revise it was the demand! In consequence two years have been spent in revising it. The intention has been to make the constitution as simple, as plastic, as comprehensive, as sensible and clear as possible. Since each section was given ample time to offer suggestions, criticisms and corrections, since many of the same were incorporated after due consideration, since the form thus revised was mailed to each member before the meeting, and all members collectively and individually had been given opportunity to offer possible changes, discussion at the meeting was brief. The new constitution was promptly adopted with three minor changes. May this constitution ever hold its head high, look the world bravely in the face and say "Veni, vidi, vici."

The constitution settled, attention was then given to the highly interesting item of the election of officers. Miss Emily Welch, second vice president, was in the chair. Mrs. E. L. Gulick as chairman for the nominating committee gave the report. She stated that to each member had been mailed a ballot upon which were the names of the nominees and space for any suggestions. Many members, she reported, felt that Mr. Gibson should continue in office. In the discussion the following points were stressed: (1) the Association was in need of the ability, experience and knowledge which Mr. Gibson had gained during his twenty-five years of successful directorship of Camp Becket; (2) the Association is young and needs wise guidance; (3) Mr. Gibson has proved his worth during these two years of efficient and unselfish service; (4) he is needed to carry out the larger educational program that his vision sees before the Association. The ballot was finally submitted to the members for their vote and the new officers for the year 1928-29 were elected as follows:

President, Mr. H. W. Gibson
First Vice President, Dr. John P. Sprague
Second Vice President, Mrs. L. A. Bishop
Secretary-treasurer, Miss Laura I. Mattoon
Chairman of Membership Committee, Mr. Walter H. Bentley

The meeting then adjourned.

"THIS HEALTH QUESTION"

(Continued from page 14)

monly met in the camp girls. You have the opportunity, for a time in each year, of correcting this condition, by very simple measures. Remove the hard-soled, high-heeled shoe; give the girls either no shoes at all, or a low soft-soled moccasin, with a low heel, built on a straight last, with broad toes, and much of the difficulty will be overcome. If you will add to this an occasional talk, with demonstration of proper methods of walking, with the feet parallel, or toeing in slightly, beginning the weight bearing on the heel, carrying it forward over the outer side of the foot, ending with the take-off from the big toe, a lot more may be accomplished. A few exercises such as walking on tiptoe, walking on the outer side of the foot and barefoot walking will add still another improvement.

One pernicious habit, not only of camp authorities but of nearly all parents, is that of administering a purge to a child with vomiting or abdominal pain. I believe there is scarcely a surgeon in the United States who would not endorse this statement with emphasis. The worst thing one can do in a case of acute appendicitis is to cause catharsis. "Purgation means perforation" is the aphorism of Dr. Deaver, the Philadelphia surgeon. Only a few weeks ago a paper, the result of careful investigation, was published in the *Journal of the American Medical Association*, backing up with statistics, that the hazard of an attack of appendicitis is enormously increased where purging has been attempted. And who can say what case of abdominal pain will not be appendicitis? A safe rule for every camp director to establish is to do without laxatives in every case of abdominal pain, of whatever type, until a physician has seen and prescribed for the patient.

Accidental drowning is the one thing above all others, I suppose, that the camp director fears; and properly so, too. But the thought I wish to leave in regard to drowning is the possibility of a certain accident not having been due to drowning at all — that is, that any child may have such a heart or brain disorder that sudden death may take place at any moment. There is no way that your most skilful or pains-taking doctor can detect these children. We have the same difficulty when we face the possibility of sudden death in every child we anesthetize, for however slight an operation. I mention these possibilities because I believe, in all fairness to the camp director, he should know that they are possible, that they do occur. If he is so unfortunate as to have a fatality, there is a possibility that even the most exquisite precautions could not have prevented it.

One hesitates to attempt to give an opinion on so controversial a subject as the hygiene of menstruation. I believe that every girl should eschew athletics, strenuous exercise and bathing at this time.

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